

# SIDS AND SECONDHAND SMOKE

## ~ Information for Health Care Professionals ~

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### WHAT IS SIDS?

**SIDS** (Sudden Infant Death Syndrome) is defined as the sudden, unexplained, unexpected death of an infant, in the first year of life.

**SIDS** occurs in all types of families, regardless of race or socioeconomic level.

**SIDS** is unexpected, usually occurring in otherwise apparently healthy infants from one month to one year of age.

**SIDS** death cannot be predicted, however, there are ways to lower an infant's risk of dying from SIDS.

**SIDS** deaths have been linked to maternal smoking.

**SIDS** is more common among those babies who are exposed to secondhand smoke.



### WHAT IS SECONDHAND SMOKE?

Secondhand smoke (SHS) is a mix of smoke from the burning end of a cigarette, cigar or pipe, and the smoke exhaled by the smoker.

Children exposed to SHS are hospitalized more frequently, and have a higher chance of dying from SIDS.

### WHAT CAN I DO?

As a health care professional, you can lessen the chances of a SIDS death by educating your patients about the dangers of SHS and teaching women about the risks of smoking while pregnant. Simply *Ask* if they smoke, *Advise* them to quit and *Refer* them to the California Smokers' Helpline, **1-800-NO-BUTTS**, for FREE tobacco cessation counseling.



Please encourage parents to **ALWAYS** provide a smoke-free environment for their baby.

Remind families to place their baby on his/her back to sleep and follow the recommended safe sleeping practices.

### FOR MORE INFORMATION

The *California SIDS Program* provides an array of information and educational materials to assist SIDS professionals and health care providers to promote SIDS risk reduction. The Program also offers resources, technical assistance and expertise to support local SIDS awareness activities. Contact the California SIDS Program via email at [info@californiasids.com](mailto:info@californiasids.com), call 800-369-SIDS (7437) or visit the Program's website at [www.californiasids.com](http://www.californiasids.com) for more information.

**1-800-NO-BUTTS** is a scientifically proven statewide tobacco cessation program. This program offers free one-on-one confidential counseling over the phone to help your patients quit smoking. 1-800-NO-BUTTS offers FREE materials including "Take Charge" gold cards, a pregnant and smoking brochure and multi-language brochures to hand out to your patients. For more information, contact the Outreach department at [cshoutreach@ucsd.edu](mailto:cshoutreach@ucsd.edu) or visit the website at [www.nobutts.org](http://www.nobutts.org)



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California SIDS Program ♦ 800-369-SIDS (7437) ♦ [www.californiasids.com](http://www.californiasids.com)

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